



Atmanjai

DETOX YOGA WELLNESS

WORDS: **Ted Bell**

The word detox has become synonymous with dozens of different types of treatments for removing unhealthy substances from a person's body. There are many ways to remove these toxins, and therapies have been developed for both general and more specific health improvement. Detox programs are now available for general health, de-stressing, addressing diabetes, heart disease, cancers, and almost any other condition that you can think of.

Interestingly, most people I have spoken to have very strong opinions on detox programs. I asked a number of friends and associates their thoughts, and it seems that people who have undertaken a detox program are enthusiastic and encouraging supporters of the process, while those who have not done a program are skeptical and cynical. It was surprising, or maybe not, to note that the most cynical

of those people I spoke with about detox programs also appeared the unhealthiest...

We all know someone who has attempted to improve their health, indeed we may have tried this ourselves. Whether by joining the gym, changing diet, reducing consumption of cigarettes or alcohol, sadly the reality is that the vast majority of people fail in these efforts. This is something that Atmanjai is well aware of and they go to great lengths to ensure that as part of their programs, clients are educated and equipped with knowledge, attitude and resources to give themselves the best chance of succeeding in maintaining a healthier lifestyle.

Although you can feel totally committed when you say you want to change your diet or lifestyle, everyone knows that

old habits die hard and starting new, healthy habits can be even harder. That's why professionally designed and managed detox programs like those available at Atmanjai are so powerful. Because they not only give you an excellent kick-start by purging the body of excess weight and toxins, they also show you in practical terms how to start and maintain an effective improved way of living that does not feel like you are missing out on fun and your favourite foods and drinks.

Environment contributes to feeling comfortable and safe, when you feel this way you are more likely to relax and participate fully in the detox. Atmanjai, located in the south of Phuket on a beautiful beach side location, is perfectly suited to this purpose, and within minutes of arriving you will already find yourself being relaxed and soothed by the sea breeze and beautiful coastal vistas.

Understanding what body detox is and what it does for your body makes the experience fun, easy and enjoyable. If you are wondering on how to detox your body, there are so many types of detox methods and recipes available that at first the large amount of information can seem overwhelming. That's where a venue like Atmanjai is so useful, as they can professionally guide you to select the services to suit your needs or to target a specific part of your body that needs care.

A detox is designed to eliminate toxins from your body leaving you feeling energized and healthy. Toxins build up so fast that a detox program should be followed by a change in lifestyle to ensure that toxins don't build up so quickly in your body again. Toxins can enter your body in various ways. Through breathing polluted air, (found in every city in the world), through your skin by the things you apply to it, but most of all toxins enter your body through the unhealthy food we eat and the high-paced lifestyles we live.

There are chemicals and preservatives in almost every tin of canned food you buy. These are added to bleach, add color, enhance the flavor or make the product last longer. In almost every single case they are unnatural and foreign to your body. Processed and fast foods have become such a large part of most people's diet that they hardly ever consume any fresh vegetables or fruit. The oils and preservatives these fast foods are cooked in are a health risk to your body. So too is refined sugar and carbohydrates. By simply cutting down on your consumption of these, you can make a huge difference to your mental and physical health.

When your body's own detox system gets tired and over worked, it slows down and becomes sluggish. You start to feel tired and restless and all kinds of unexplained illnesses set in. This is when a detox is necessary to clean you up on the inside and give you back your health. Actually a detox can benefit you much earlier, but sadly in most cases, people



DETOX PROGRAMS ARE AVAILABLE FOR GENERAL HEALTH, DE-STRESSING, ADDRESSING DIABETES, ELIMINATING CANCER, AND ALMOST ANY OTHER CONDITION THAT YOU CAN THINK OF



only consider a detox when they have begun to feel run-down. Prevention is much better than cure, to your body and to your wallet!

Much has been said and printed about detox and its relation to good health. There are many books available and step by step guides on how to detox your body to help you choose the right one for your needs. On the internet you will find many web pages spilling over with information on detox and what it does for your body and mind. Always read the entire article before you decide to start a body detox. Make sure you have all the information and facts and understand what the detox will do to you body and what to expect. A good idea is to ask advice from your physician and find out what will suit your body and lifestyle. As with any diet or change in lifestyle your will experience a few side effects but these are never too severe and usually pass within hours or a couple days. Side effects include headaches, cramps, nausea and diarrhea and are all symptoms of your body working hard to keep you healthy.

WHY VISIT ATMANJAI IF I CAN DO THIS AT HOME?

The purpose of this article is not to 'wow' you with Atmanjai's beautiful beach side location, gorgeous and luxurious rooms, excellent staff, etc. it is to educate the reader of Atmanjai's superior knowledge, services and know-how of how to appropriately and safely guide a person through a detox program. Atmanjai offers four different core programs which are available for periods of between 3 to 14 days, as well they custom design programs to different requirements and needs. Each client is individually monitored on a daily basis to ensure that the most appropriate sessions and services are being provided.

Every Atmanjai client completes a comprehensive questionnaire and interview to define your personal goals from the program, (e.g., overcome illness, lose weight, stop smoking, etc.), and with this information, a personalized and structured program is prepared for you.

In addition to the core program inclusions, Atmanjai offers a broad range of elective sessions for their guests. As center director Michael Massey explains, "not all clients are open to all the various services we have available, so to ensure that guests are entirely comfortable with their program and happy to participate fully – we make a large number of options available to them". For a center that only accepts a maximum of 12 clients at any time, the following list is an impressive confirmation of how far Atmanjai will go to ensure great outcomes for their guests:

- Thai Herbal Compress
- FIT (Functional Insight Training)
- Oil Massage
- Private Qi Gong / Tai Chi Classes
- Reflexology Massage
- Indian Head Massage
- Thai Massage
- Balanced Living for Well-being
- Ear Candling
- Water Therapy
- Body Scrub
- Ayurveda Based Nutritional Consult
- Body Wrap
- Chi Nei Tsang
- Facial
- Karsai Nei Tsang

- Ion Cleanse
- Cranial Sacral Therapy
- Ultrasonic Zapper
- Visceral Manipulation
- Far Infra-red + Ozone
- Lymphatic Drainage
- Multi-wave Oscillator
- Chinese Astrology
- Photon Laser
- Feng Shui
- Integrative Bodywork
- Pranic Healing
- Therapeutic Bodywork & Massage
- Pranic Facelift
- 5 Element Emotion Detox Massage
- Pranic Body Sculpting
- Pranic Healing & Chakra Balancing
- Co-Dependency
- Transformational Healing
- Self Realization
- Energetic Balancing
- Learn Pranic Healing
- Healing Paths
- Meditation & Pranayama
- Life Cards
- Osteopathy
- Metamorphosis
- Homeopathy
- 7 Chakra Massage
- Acupuncture
- Qi Gong Therapy
- Iridology
- Watsu
- Private Yoga Classes

Prior to commencing a detox program it is important to prepare yourself to achieve maximum results as comfortably as you possibly can. It's a bit like the old 5 P's, Proper Preparation Prevents Poor Performance. "If you are going to invest time, energy and money to undertake a program with us, then it makes sense to maximize the potential results by preparing your body as best as possible" says Michael Massey.

The Pre-Cleanse diet is designed to alkalyse your body, that is, to move the ph balance of your body chemistry from acid to alkaline. Michael Massey explains, "When your body begins to detoxify on one of our potent programs, it will do so rapidly and your body may struggle to eliminate toxins as quickly as they are being released from where they are stored in your body. This can result in an increase in the acid level of your body, which can manifest in feelings of discomfort, headaches, nausea and even vomiting - generally making you wish that you had done the Pre-Cleanse diet! So many people download information off the 'net and try detox at home, and then wonder why they



EVERY ATMANJAI CLIENT COMPLETES A COMPREHENSIVE QUESTIONNAIRE AND INTERVIEW TO DEFINE YOUR PERSONAL GOALS FROM THE PROGRAM, (E.G., OVERCOME ILLNESS, LOSE WEIGHT, STOP SMOKING, ETC.), AND WITH THIS INFORMATION, A PERSONALIZED AND STRUCTURED PROGRAM IS PREPARED FOR YOU.

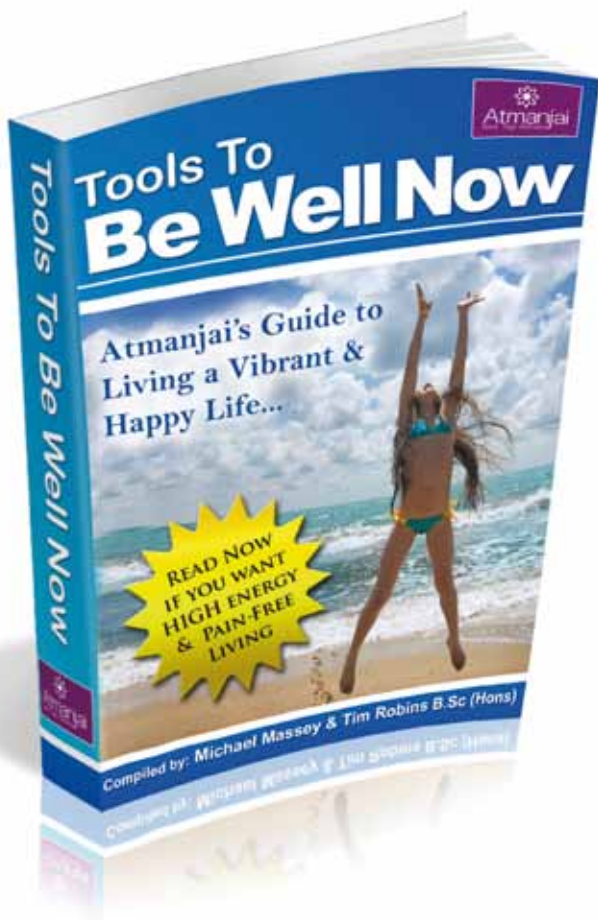


SO MANY PEOPLE DOWNLOAD INFORMATION OFF THE 'NET AND TRY DETOX AT HOME, AND THEN WONDER WHY THEY SUFFER. IN LARGE PART IT'S BECAUSE THEY ARE NOT INFORMED ABOUT HOW TO PREPARE THEMSELVES FOR THIS PROCESS

suffer. In large part it's because they are not informed about how to prepare themselves for this process."

"We highly recommend you be as diligent as possible with the Pre-Cleanse diet, to the extent of ordering special meals for your flight to Thailand, or totally avoiding airline food and pack your own for the flight. We have had guests arrive after enjoying steak and red wine on their flight; their level of regret a few days into the program far exceeded their level of enjoyment of that airline meal."

The Pre-Cleanse diet is very simple. The minimum time for this is one week. The longer you Pre-Cleanse, the better and deeper your results from your program. The diet is simply to minimize intake of the following items for at least 7 days, and completely avoid them for the 3 days prior to arrival at Atmanjai: alcohol, bakery items, candy/cakes/sweets, dairy products, meats, salt, sugar and, tobacco and recreational drugs.



Your intake during this time should ideally consist only of: Raw fruit, raw or lightly steamed vegetables, warm water, fresh raw juice of fruit or vegetables. Apple juice is particularly good to take at this time.

There are countless books, papers, scientist and web pages that have undeniable proof that "bad stuff" is in our food, in the air we breathe and especially in the alcohol we drink and cigarettes we smoke. Some things we can control and some we cannot.

Detox is a burgeoning activity in Thailand and Atmanjai are enjoying significant increase in client numbers and returning clients who are seeking to relax, unwind and re-commit to a healthier more enjoyable way of life. If you are unable to visit for a program, then you will be pleased that there is an alternative. Atmanjai director Michael Massey's new book on how to simply and easily enjoy better health, "Tools To Be Well Now" has just been published and is available as an e-book.



For details on how to get your copy of the e-book or for more details about these highly effective programs, visit the website www.atmanjai.com or make an enquiry via email at bookings@atmanjai.com